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Woodland.
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Allen Chapel A. M. E. Church, 19th and Kansas Ave. Baptist Church, 46th and Kansas. Ebenezer A. M. E. Church, 17th and Tracy. St. Augustine's P. E. Church, 11th and Troost.
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Ward Chapei A. M. E. Church, 11th and
Woodiand.
Blue Valley Baptist church, 1120 Crystal avenue.
St. Jehn's A. M. E. Church, 1743 Belle-

Seventh Day Adventist, 23rd and Wood-St. Monica's Catholic, 17th and Lydia. Morning Star Baptist Church, 3311 Vine. Highland Avenue Baptist Church, 1111 lighland. Centropolis A. M. E. Caurch, Centropcentropolis A. A. E. Z. Church, 1823
St. James A. M. E. Z. Church, 1823
Woodland Ave.
Third Baptist Church, Roundtop.
People's Mission, 39th and Generate,
St. Paul's Baptist Church, 19th and

Highland, Friendship Baptist Church, 17th and Tracy Avenue, Pilgrim Baptist Church, \$14 Charlotte Pleasant Green Baptist Church, Indendence Avenue and Tracy. Calvary Baptist Church, 19th and Askew.
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Progressive Baptist Church, 29th and Runnit.

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Bt. Luke's A. M. E. Chucch, 43rd and
riospect Place.

A. M. E. Misslon, 565 Grand Ave.

KANSAS CITY, KAN, CHURCHES.

First A. M. E. Church, 5th and Neb. Pleasant Green Baptist Church, 1st and Billiog,
Eighth St. Baptist Church, 8th and
Oakland.
Metropolitan Baptist Church, 9th and
Washington.
Bethel A. M. E. Church, Water and
Steward Streets.
St. Paul A. M. E. Church, 21st and
Ruby. Ruby.
First Baptist Church, 5th and Neb.
King Solomon Eaptist Church, 3rd and
State.
Quindaro A. M. E. Church, Quindaro, Quindaro A. M. E. Church, Quindaro, Pleasant Valley Baptist Church, Rosedale,

Man. E. Church, 9th and Oakland.
A. M. E. Church, 4th and Oakland.
Salter Mission, A. M. E. Church, South
Park, Kan. rk, Kan. Protestant Episcopal, 3rd and Stewart. Becond Baptist Church, 24th and Ruby. Wesley Chapel M. E., 108 Shawnes. St. Paul A. M. E. Zion Church, 4000 Mt. Zion Baptist Church, Roselale, Kan Mt. Zion Baptist Church, 4th and Vir-Ebenezer A. M. E. Church, Sanford and Tremont.
Mt. Zion Primitive Baptist Church,
Westport avenue and Tangent street,

Supposing it is the best show in town, can you sacrifice your self-respect by going through a jimerow al ley entrance to see it? Can't you live just as well without it and feel better for the assertion of your man-

The supreme court of Minnesota has decided that it is no violation of the state civil rights bill for a church to jimcrow its colored members, perhaps upon the theory that said mem bers will also be jimcrowed in heav en. No decent Negro would attend such a church, anyhow

It should be said to the credit of the Shubert theater that the very best accommodations were given to colored patrons during the Follies en gagement. We do not object to sep arate seats. We prefer them. But we draw the line on back alley entrances. The "back door" days are

Now that Kentucky has apprehended and convicted one of its worst gang of roughneck "Night Riders, Misseuri should get busy and break up the poor white mobs which are terrorizing the inoffensive colored farmers of New Madrid county or there will soon be no Negro farmers to spend that \$10,000 upon.

The prospect of the oratorio, "The Last Seven Words of Jesus," to be offered by nearly a hundred voices under the direction of Prof. R. G. Jackson, assisted by Capt. N. Clark Smith, should offer more than a musical treat. It offers a rare opportunity for the music loving people of the city to manifest their approval of strictly high class social affairs and should attract the support of every appreciative citizen regardless of creed.

We have not heard much of the Lincoln High orchestra lately, but we suppose they are practicing to beat the band-the white dance hall band which usually furnishes the music for the graduating exercises. Naturally the music department of the school, with all the fine material which comes up from the grade schools each year, will be able to produce something pleasing to the patrons this year, Such is the tangible result reasonably ex-pected from the time and money ex-

The excellent record made by Mr. Leon H. Herriford in the Ninth cavalry service, in spite of his years, is to be highly commended and is extremely gratifying to his many friends at home. Besides being made a corporal he has just been appointed principal of the regiment night school with four assistant teachers and an enrollment o fover 100. In addition to this he has held an important clerical position for more than a year and Is one of the most valuable members of both band and orchestra. He is to be married this month and will later join the Twenty-fifth infantry band now stationed at Honolulu.

Health Hints By Dr. Lloyd E. Bailer

A weekly discussion of Hygiene and Sanitation, First Aid Measures and Preventive Medicine. Questions will be answered but no diagnoses nor prescriptions will be given in this column.

vice." This is most especially true of

ON ALCOHOL.

We shall not attempt in this article indulated in as excessively as alcohol to decide whether the sale of alchol- few things are attended with such le beverages should be prohibited direful results. Numerous and ex-However much we may be concerned haustive investigations have shown in the social aspects of the alcohol that the average duration of life is problem, we shall maintain a strict greater among total abstainers and neutrality in order that we may pre-sent an unbiased scientific discussion. few addicted to much alcohol are

Persons in everyday life, exposed among the long lived; those in the to fatigue, worry and disappointment, latter condition, therefore, can expect frequently feel an inclination to "take nothing more than a shortening of something" to cheer them up and to life, which proves conclusively that alincite them to further exerations; thus cohol, in excess, is very deleterious they take stimulants such as alcohol, to the human body. tea, coffee, tobacco, etc. These stimulants may be compared to a whip degeneration after coming in contact that urges on the horse. Sane re- with large quantities of alcohol. It would teach us that rest would be impossible in this article would be the best stimulant for the to describe all of these different her a jitney. tired horse, but such a proceedure is changes. We will mention, therefore, often neither the easiest nor the most only the effects upon the important convenient way. Hence, the whip is organs. Its injurious effects on the used, and likewise, the aforesaid stim- brain are particularly marked and if ulants. So we shall concern curselves taken only once but in large quantity, with things as they are, and consider it is sufficient to cause intoxication, the physiological effects of small and with changes in the mental faculty.

coholics, it will cause permanent menuman system. We do not deny the fact that there tal changes which may be followed by are many persons who can not drina insanity.

even the smallest quantity of alco- Alcohol, if taken in large measure nol without unpleasant results; but degenerates the heart muscle and also the probabilities are that such per produces hardening of the arteries, sons do not possess normal health, both of which are very serious condi-The truth is, as shown by the best dons. It affects the liver and kidphysiologists, such as Atwater and neys in the same way, the result of Benedict, that alcohol may be regard- which is hardening of the liver and ed, but in mall doeses only, as a nu- Bright's disease. tritious food element. It is, likewise Tuberculosis occurs with great frein small doeses, unquestionably an ex- quency among alcoholics and pneucellent stimulant for the nervous and monia is often fatal in such persons.

They are unable to withstand the circulatory systems. The most beneficial form of alcoho, high fever and can not combat the is a light wine, and as a medical stim-infection because the heart soon fails; ulant, the older vintages of French also, as a general rule, in all cases of sluggish effect upon the system. It people, may also, to some extent, assist di- Recent discoveries have shown that gestion, owing to its bitter properties, certain glands of the body, called the Of all alcoholic beverages, beer con-ductless glands, pulay an important tains the least percentage of alcohol, part in heredity. These glands degenbut it has the disadvantage of being erate in persons who take alcohol extaken in larger quantities, and thus cessively. Hence, the descendants of more alcohol is introduced into the alcoholics are heavily handicapped,

Whisky, in small doses, is much diseases, such as idiocy, epilepsy, etc. the most dangerous form of the alco- that large quantities o falcohol are think of that? lic beverages. The Romans had a proverb: tific evidence to prove with exactitude

ROSEDALE, KANSAS.

By MISS ROSA MORTON.

Everything in excess becomes a that small does are harmful, Mr. Sencer Slater is convalescing the sister, Mrs. Ruth Denny, of Argen-from his recent illness....Mrs. Walter from his recent illness....Mrs. Walter daughter of Mr. and Mrs. Caleb Ander Mrs. Katherine Jacobs has come home the daughter of Mr. and Mrs. Caleb Ander Mrs. Katherine Jacobs has come home the daughter of Mrs. And Mrs. Caleb Ander Mrs. Katherine Jacobs has come home the daughter of Mrs. And Mrs. Caleb Ander Mrs. Katherine Jacobs has come home the daughter of Mrs. And Mrs. Caleb Ander M Henderson entertained Rev. S. A. An- son. Besides her parents she is sur- for a few days All of the indisposed the week end in the city with rela- Mr. Theo. Lewis, W. Grant and Prof. derson, Messrs. Jesse Anderson and vived by a husband, an infant, a sister are up again. Thomas Willis at dinner Sunday ... and three brothers. The remains were The services at the Pleasant Valley brought to South Park for interment.

most injurious, but there is no scien

Letty & Sam's Little Corner alcohol, for while many things are

THEY SAY -That its an ill wind that blows

nobody good-blow ye, March winds,

avenue goes so much that they call

— That there is great complaint that our Negro undertakers' rates are Bell phone East 1493. too high. How's that, boys?

-That the reception given by Centennial Choir for Miss Elsa Nix was large quantities of alcohol upon the Taken habitually, as by chronic al--That "De President ob de Bo'hd,

Mr. Adolph Griffin," is to be the next recorder of deeds at Washington. Hurrah for A. D.! -That an "eight rock" blacker than

Help! ve gods and little fishes! large number were present. -That when the average woman walks down the street with something new on she thinks everybody is look ing at her. Oh, 'have yo'sef, George

got blue veins and I'm proud of it."

-That the bazar to be given under

ess harmful than brandy, which is From the foregoing facts it is clear again I mouth't." Now, what do you er and worth \$20,000.

HOLDEN, MO.

By CHAS, PRATT.

DIRECTORY

Negro Business League of Kansas City

Meets First and Third Thursday in Each Month, 1803 E. 18th Street. Weaver, President. E. A. Robinson, Secretary. steam heat; Bell phone E. 406
Members will please report any mistake or change of address to the L. P. Mitchell, 1024 Woodland. Secretary or Editor of The Sun.

AUTHOR AND WRITER. C. A. Starks, 1521 E. 18th street-Bell W. C. Hueston, 601 Delaware. phone East 1521. CLEANERS AND TAILORS.

R. Bennett, 1610 E. 18th street-Bell phone East 4746 Wortham Bros., 1222 E. 19th street-Bell phone Grand 3933W. CLERGYMEN.

Rev. O. T. Redd, 2642 Highland, Secretary Baptist Ministers' Alliance. CONTRACTORS AND CARPENTERS A. E. Estes, 2460 Waldrond-Bell phone East 4394Y.

EXPRESS AND BAGGAGE. A. Robinson, 2413 Montgall avenue -Bell phone East 754. FLORISTS.

Weaver Floral Co., 1510 E. 18 street. Bell phone East 4798. GROCERS.

-That a certain lady on Highland J. H. Clayborne, 954 Washington Blvd., Kansas City, Kas., Bell Phone West

> JEWELERS. J. A. Wilson, 1616 W. 9th street-Bell

> Phone Main 6248R. MILLINERY.

> avenue, Kansas City, Kas., Mil-2306 West. MUSICIANS.

the editor, said boastfully: "Yes, I've the First Baptist Church at Parksville, with Miss Cayce a few days Mr.

Michigan, Home Phone 5314 Main.

SALISBURY, MO.

closed a successful revival here after Anthony. which a surprise was given him at the wines are best. Beer is more nour- infectious diseases their chances are the management of Mrs. Unthank al- residence of Mr. and Mrs. Dameron. shing than wine, but has a more much worse than are those of other ready gives indications of being the Mrs. Downy was presented \$2.50 in biggest success of the year. Get in coin as a token of appreciation. Rev. Davis lectured ... Miss Alena Price returned to her home in Keyesville, -That a well known young lady where she was the guest of Miss Mar-Monday night, February 22nd under said to her sweetheart: "I want to garet Cason....Rev. A. W. Leach of the leadership of Mrs. Annie Cook sing you my new song, entitled, 'Would You Care?' and asked him week...Mrs. Jane Black is on the House No. 30 entertained at the U. would he care to hear it, and after sick list...Mr. Joseph Haeldoson of B. F. Hall Friday night; Mrs. K. A. system in the larger amount of liquid. and are especially liable to nervous philosophising for a moment, he said: Clifton Hill, Mo., got 33 dozen eggs in Smiley, M.E.Q....Rev. R. L. Beal, "I'll tell you, mah deah, I mout an den one day. He is a very successful farm- Presiding Elder held quarterly meet-

FARMINGTON, MO.

By V. E. WILLIAMS.

Mr. A. A. Sims of St. Louis visited members are being added and the Miss Mable Sims finished her term with his wife last week. Mrs. Mary Johnson Friday. The debate church is progressing nicely. Mrs. of school in Blackwater and reports Frankie Maul of Bonne Terre was a at the Methodist Church last Friday Amanda Golden died at the home of a most successful term....Miss Hazel business visitor in the city Friday.... tives Miss Edith Cayce, who has Richard Willis and won the debate charge of the public school at Mineral the negatives by C. Briton, Albert Or Point, spent the week end with her ange and Charley Taylor ... The Will-Baptist church were well attended The funeral services were held Tues-Sunday. The pastor preached a soul-stirring sermon in the afternoon. New of which she was a faithful member.

A big revival is now going on. Rev. mother. She returned to her school by will give an entertainment March 5.

W. H. Davis preached to a large audi-sunday afternoon accompanied by will give an entertainment March 5.

LAWYERS.

C. H. Calloway, 601 Delaware-Phone Home 58 Main. NEWSPAPERS Kansas City Sun, N. C. Crews, Editor,

1803 E. 18th street-Bell East 999 PAINTERS AND PAPER HANGERS. T. H. Bailey, 911 McGee street-Bell phone, Main 751.

POOL HALLS. Wm. Dabbs, 1221 Baltimore avenue.

PRINTERS. C. A. Franklin, 1008 E. 18th street. REAL ESTATE.

Colored Peoples Investment Co., 2427 Vine street—Phones, Bell 1011 East; Home 9203 Main. Solomon Smith, president. J. Dallas Bowser, 2400 Paseo-BeBII

Afro-American Investment Co., F. J. Weaver, President, 911 McGee street-Bell phone Main 751 Home phone Main 7555. Mary Mitchell, 2608 Highland

Grand 3795W.

Wm. Johnson, 911 McGee street, Afro- GROWER-TEMPLE GROWER-SHAM: SHOE STORE. Temple Shoe Store, G. A. Page, Prop.,

1507 E. 18th street. THEATRES Miss Eva P. Washington, 849 Freeman J. L. Williams, 12th and Highland.

TRANSFERS. linery and Hair Work-Bell phone A. B. Hunn, 7th and May streets-Phones Home Main 7261.

UNDERTAKERS. Winston Holmes, Plano Tuner, 2221 E. C. Jones, 1211 E. 18 street, Bell Grand 1565.

Mo., preached an excellent sermon. Wilson Chappelle of Coffman visited B. Y. P. U. was called on time and a in the city Sunday . . . Lewis Murphy and George Meyers arrived from Crystal City Saturday and spent Sunday in Bonne Terre with friends Mr. and Mrs. George Villars of Castor visited Rev. J. H. Downy of Sedalia has just in the city Sunday with Mrs. Louisa

PALMYRA, MISSOURI.

By MRS. KATIE A. SMILEY. A Martha Washington party was held at Park Chapel Baptist Church ing at the A. M. E. Church Sunday Feb. 21 and preached three impressive sermons....Mrs. R. F. Noland is indisposed.... Prof. W. H. Dixon was in the city last week....The Willing Workers met at the residence of Mrs. night, subject: "Resolved that if

The Y. M. C. A. met last Friday evening at the residence of Mrs. Chas. Pratt, Refreshments were served. were indulged in Mr. and Mrs. Washington have returned and will live on a farm....Mrs. Miles Smith was called to the bedside of her daughter and granddaughter in Kansas City.... Miss Maud Ewing is very ill Mrs. Ira Lee's two children are better....Mrs. Maggie Dodd and Mrs. Mattie Smith were visitors in Chillicothe last week...,Mr. Miles See Wm. Hopkins Mrs. Mattie Smith were visitors in Smith and Mr. James Ewing made a trip to Lathrop after a sick brother Mr. B. B. Tully, who is very ill. They were accompanied by Mrs. Tully, who remains at his bedside....Mrs. Taylor Washington is reported the same .Mrs. Emma Dodd is doing nicely with her canvassing, ... Mr. Alex Ja-cobs is improving ... Miss Maud Ewing Mo. substituted in the school for Mrs. Tully and received much praise.

For Rent-Neatly furnished room steam heat; Bell phone E. 4063. Mrs.

2010 Bales Ave.-Three rooms for rent to man and wife; unfurnished; gas and city water; first floor. For information apply upstairs.



MADAME MARTIN'S SANITARY HAIR American Investment Co., phones. POO AND SANITARY GLOSSINE is wonderful. Try it and you will get re-

> MME, MARTIN'S Sanitary Hair Grower Guaranteed to Grow Hair. 2220 Michigan Ave., Kansas City, Mo.

> ..35 cents

Agents Wanted-Good Profits. Bell phone East 3936W.

TESTIMONIALS.

To Whom It May Concern:

Madams K. Martin has treated my scalp for seven months with much success. I was suffering from a germ dandruff and my hair was rough and would not grow. I being a barber myself knew a number of remedies for scalp diseases and tried several without avail. I also tried several hair dressers, and falling to get favorable results, I consulted Madame Martin. My scalp began at once to get better and is now in tine condition; my hair has grown several inches. After trying the various hair dressers I will honestly say that I have found Madame Martin's method of treating the scalp the best I have known. For further information concerning the res' is of the treatment of my hair and scalp you may call to see me at 2305½ Vin. street.

MRS. S. PLUMMER.

In April, 1914, my scalp was being treated by Mrs. Kate Martin, 2220 Michigan Ave., a hair dresser in this city. I say, without the possibility of being contradicted, that my hair, which at the commencement of treatment, was about 15 inch in length, now measures six inches and more. I heartily recommend her to anyone who need to have scalp and hair treated and anyone who wishes to see my hair growth as result of her treatment, can see me at 1415 Lydia, rear.

MRS. EMMA JACKSON.

407 Cleveland Ave. Kansas City, Kansas

Kansas City, Kansas.

To Whom It May Concern:

This is to certify that I have taken scalp and hair treatment under Mme. Kate Martin and can truthfully say that she positively grows the hair. When I first began the treatment in October my hair was acarcely two inches long, but now it measures 4 inches and is steadily improving. I have used many so-called hair tonics and pomades, but have found nothing to equal "The Sanitary Hair Grower."

Very respectfully,

MDS. PSTELLA SHAPPE

8710 West Prospect Place.
Kansas City, Mo.
I feel it my duty to write this as it
may do someone some good. I began
taking scalp treatment of Madame Martin, May 29, 1914. My scalp was in a very
bad condition. I had Eczema and my
hair was less than 1½ inches long. My
hair was dry and hard and no life in it,
but now my scalp is in a healthy candition and my hair is soft and fluffy, and is
free from germs and measures 64, inches.

F. BELLE THOMAS

For Bargains.

If you are going to buy real estate counsel given free. I havplenty of money to loan on improved real estate in Kansas City.

Bell Phone East 3851.



We call for you with our 5-passenger car to to show you our

MARKERS AND MONUMENTS

Prices ranging from \$15,00 up. Let us show you early that you may have them up for Decoration day. Make your appointment with

GEORGE W. LITTLE 613 Charlotte Street

Bell Main 2967W. Collector for Highland Cemetery Co.

Agent for KANSAS CITY GRANITE & MONUMENT CO.

Directly opposite Elmwood Cemetery Co.

4801 East 15th Street. KANSAS CITY, MO.

